



National Nutrient Database for Standard Reference

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Statistics Report 14015, Alcoholic beverage, pina colada, canned

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	54.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Energy	kcal	237	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Energy	kJ	992	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Total lipid (fat)	g	7.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Ash	g	0.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Carbohydrate, by difference	g	27.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Fiber, total dietary	g	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Minerals													
Calcium, Ca	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Iron, Fe	mg	0.03	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Magnesium, Mg	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Phosphorus, P	mg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	83	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Sodium, Na	mg	71	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Zinc, Zn	mg	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Copper, Cu	mg	0.087	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Manganese, Mn	mg	0.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Selenium, Se	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Thiamin	mg	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Riboflavin	mg	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Niacin	mg	0.104	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Pantothenic acid	mg	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Vitamin B-6	mg	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Lipids													
Fatty acids, total saturated	g	6.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
6:0	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
8:0	g	0.570	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
10:0	g	0.459	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
12:0	g	3.391	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
14:0	g	1.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:0	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:0	g	0.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total monounsaturated	g	0.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:1 undifferentiated	g	0.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total polyunsaturated	g	0.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.137	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	05/1986
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Other													
Alcohol, ethyl	g	9.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986